

HEAT PROTECTION PLAN – SHORT VERSION



Measures to be taken from: Heat warning level 2 ($\geq 30^\circ\text{C}$ perceived temperature) | UV index ≥ 3 | elevated ozone levels | **continuous** time spent outdoors **> 50 mins**

HEAT WARNING LEVELS (GeoSphere Austria)

Level 1 · Green No warning $< 30^\circ\text{C}$	Level 2 · Yellow Caution! $\geq 30^\circ\text{C}$ → Take action!	Level 3 · Orange Elevated! $\geq 35^\circ\text{C}$ → Take more decisive action	Level 4 · Red Danger! $\geq 40^\circ\text{C}$ → Consider cancelling
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* UV INDEX (GeoSphere Austria / ZAMG) · Measures from UV ≥ 3

UV 0–2 · Low No protection required	UV 3–5 · Moderate Protection recommended → Take precautions!	UV 6–7 · High Protective measures required	UV 8–10 · Very high 11 am–3 pm Avoid the midday sun	UV > 10 · Extreme Direct sunlight Avoid at all costs
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Check before starting work

- GeoSphere Austria: Check the heat warning level
- Check the UV index and ozone levels
- Inform the team, discuss the plan
- Check that all protective equipment is in place
- Heavy work: Start early, before 11 am



Working hours & breaks

- Strenuous work: cooler morning and evening hours
- 11 am–3 pm: peak UV levels → reduce activities
- Take a break (≥ 10 mins) outdoors after every 50 mins
- Cool room: max. 6°C difference from outside
- Negative hours: written authorisation + email approval



Protective equipment

- UV-protective clothing (lightweight, breathable)
- Cap with neck protection + UV protection
- Sunglasses (UV-certified)
- Sun cream (apply regularly)



Hydration & cooling

- Drink regularly; don't wait until you're thirsty
- Excursions: bring your own drinking water
- Bring portable shade with you
- Showers: Franz-Schwackhöfer, TÜWI, Mendel-Haus, etc.



Vulnerable people

- Take special care of the elderly, pregnant women and breastfeeding mothers
- Respiratory, heart and kidney conditions, obesity
- Carry your own medication (e.g. asthma inhaler)
- BOKU Occupational Health Service: make use of individual advice
- Managers: Ensure welfare measures are in place where risks are known



Safety & working alone

- Keep an emergency mobile phone within easy reach at all times
- Have a colleague within sight or calling distance where possible
- Line managers must be contactable at short notice
- Heatwave lasting several days: be aware of the risk of exhaustion



EMERGENCY: Heatstroke

red, hot, dry skin · confusion · fainting · vomiting · rapid pulse

- ✓ Move the person to a shaded or cool place
- ✓ Cool the person actively (water, wet cloth)

- ✓ **EMERGENCY SERVICES: 144**
- ✓ Loosen any tight clothing

- ✓ Unconscious → place in the recovery position
- ✓ Non-emergency: Medical radio service 141 advice 1450